

## *Questions to Have Answered/Things to Do Before Your Guardmember Departs*

- ✓ *Meet with the other unit Spouses/Loved Ones to Talk About How We Will Meet, Communicate, and Support One Another During the Deployment*
- ✓ *Complete the Predeployment Checklist for the Family Assistance Office*
- ✓ *Fill-in All the Sections of My "Family Readiness Handbook" Book*
- ✓ *Get an Up-To-Date ID Card for All Eligible Family Members*
- ✓ *Know Who I Call in the Local Area in Case of Emergency*
- ✓ *Determine with My Guardmember How We Will "Keep In Touch"*
- ✓ *Get a Copy of the Active Duty Order*
- ✓ *Know All I Need to Know about TRICARE or the Medical Benefit I Will Use*
- ✓ *Talk to My Soldier About Pay and Legal Issues, especially the Soldiers/Sailors Civil Relief Act and any required Power of Attorney*
- ✓ *If I Have Children – Develop a Local Resource that Can Watch the Kids if I Need a Break*
- ✓ *Develop a Local Support Network for Me (i.e. family/church/ friends)*
- ✓ *Create an Emergency Preparedness Kit (i.e. emergency lights/first-aid kit/water/nonperishable food/radio with batteries)*

